

SUPER T FITNESS

Ultimate Body Mind Spirit Makeovers

Super Weight Loss & Fitness Retreats

Fitness Health Center

Aloha

**Optimum Weight
HEALTH PLUS
Fitness for Life**

Effective, Healthy
Lifestyle Solutions
for Permanent
Weight Loss



Body by Super T

Get Fit, Healthy,
Toned, Lean and
Strong

Feel More Energy,
Non-Diet Program

Reverse Biological
Aging, **Lose Inches**



A New Slender
Better You –
**What are You
Waiting For?**

WWW.SUPERTFITNESS.COM

2006-2007 Weight Loss & Fun Fitness Retreats with Super T
Oceanfront Lodging with Dolphin or Whale Adventures



Maui Humpback Whales

8 Day Anti-Aging Retreats

March 13 - 20 & April 1-8, 2006

Feb. 24- March 3, 2007

3 Weeks, March 3 – 24, 2007



Hawaii Spinner Dolphins

3 Weeks: May 6 - 26, 2006

4 Weeks, May 5 - June 2, 2007

Mermaids play in a Magical Bay
with Spinner Dolphins



Big Bear Mountain, CA

3 Weeks: June 10-July 1 2006 June 9-June 30, 2007

4 Weeks: July 8-Aug. 5 2006 July 7-Aug. 4, 2007

Enjoy Mountain Bicycling
and Hiking at New Heights



Carlsbad Beach, CA

2 Weeks: Aug 12th-26, 2006

Aug. 11th-25th 2007

Dolphin Beach Boot Camp
and Bike/Surfing Safari



Oceanside, CA

4 Weeks: Sept. 2-30 2006 Sept. 1-29 2007

Beach Girls and Dolphins
Gotta Play Together



Maui, Hawaii

4 Weeks: Oct. 2- Oct. 30 2006 Oct. 1-29 2007

Includes a Free Mountain Bike and More
Discovering The Tri-Athlete in You

Call for **FREE** Consultation: **760-703-1747** - info@superTfitness.com